



Social Service/Community Resources

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Hotlines/Helplines

211 (United Way: Community Resources)

Crisis Textline 741741

Disaster Distress

1 (800) 985-5990

Massachusetts Substance Abuse Helpline

1 (800) 327-5050

National Domestic Violence Hotline

1 (800) 799-SAFE (7233)

National Sexual Assault Hotline

1 (800) 656-HOPE (4673)

National Suicide Prevention Hotline

1 (800) 273-TALK (8255)

Parental Stress Hotline

1 (800) 632-8188

SafeLink

1 (877) 785-2020

Samaritans Call or Text (If you feel suicidal, lonely, or depressed? Want to talk?) 1 (877) 870-4673

SAMHSA Treatment Referral Helpline

1 (800) 662-HELP (4357)

The Trevor Project (LGBTQ) Crisis Line 1 (800) 4-U-TREVOR (488-7386)

Veterans Crisis

1 (800) 273-8255 and Press 1 or text message 838255

Addiction and Recovery

Addiction Referral Center theaddictionreferralcenter.org

33 Main St., Marlborough, MA 01752/508-485-HELP (4357)

Massachusetts Smokers' Helpline

1-800-QUIT NOW (1-800-784-8669) provides free online coaching. Enroll online at KeepTryingMA.org for online supports including quit planning tools, peer support and motivational text messages.

SMOC: South Middlesex Opportunity Council Addiction Services

smoc.org/addiction-services.php

SMOC Behavioral Health Addiction Service provides groups in specific SMOC Housing or residential programs as well as therapy and groups at:

7 Bishop Street, Framingham MA 01702 / 508-879-2250 and

230 Maple Street, Marlborough, MA 01752 / 508-480-0092

Adult Education

General

Assabet Valley Regional Technical High School Adult Education

assabet.org/adult_education 215 Fitchburg St., Marlborough, MA 01752
Info@assabetafterdark.com (508) 263-9651

Joan Brack Adult Learning Center

smoc.org/joan-brack-adult-learning-center.php

7 Bishop Street, Framingham, MA 01702 / (508) 620-2677. Free GED classes for adults/Young Parents Program/English as a second language

Keefe at Night

<https://keefeatnight.org/> 750 Winter Street Framingham, MA 01702
(508) 416-2170 / continuinged@jpkeefehs.org

Adult Education/General, continued

The **Massachusetts Adult Literacy Hotline** provides referrals to adult education programs that offer one-on-one tutoring, small-group or classroom instruction to adult learners. They offer information about basic reading, math, adult basic education, English language training, family literacy, High School Equivalency Test preparation and testing sites. You can search their website at massliteracyhotline.org/hotline/ or call the hotline at 800-447-8844.

One Family, Inc. onefamilyinc.org

423 West Broadway, Suite 402, South Boston, MA 02127 / (617) 423-0504

The One Family Scholars Program provides individualized college, career, and financial coaching to low-income single parents pursuing a college degree. One Family Scholars receive scholarships that offset both direct costs of college (tuition, fees) and indirect costs of college (books, supplies, and living expenses). **Credential to Career Coaching (C2C)** is a free 12-week program of One Family, Inc. with group workshops and one-on-one coaching that helps homeless and low-income parents identify paths into careers that pay a family-sustaining wage.

Computer Learning

DigitalLearn.org

If you are new to using computers in your job search, haven't used them for a while, or just need a bit of a refresher, we have the tools to help you tackle technology at your own pace and gain the confidence you need to succeed.

English Language Learning

Assabet After Dark (ESOL Classes are among offerings)

assabet.org/adult_education 215 Fitchburg St., Marlborough, MA 01752

Info@assabetafterdark.com (508) 263-9651

English Language Learning, continued

Framingham Adult ESL Plus

(Website, faesl.org, has links to additional searchable ESL resources)
Located at Fuller Middle School, 31 Flagg Dr., Framingham, MA 01702 /
(508) 626-4282

Hudson Maynard Adult Learning Center

hmalc.org/contact-us.html Located at Hudson High School
69 Brigham St., Hudson, MA 01749

Joan Brack Adult Learning Center

smoc.org/joan-brack-adult-learning-center.php
7 Bishop Street, Framingham, MA 01702 / (508) 620-2677

The **Massachusetts Adult Literacy Hotline** provides referrals to English language training, family literacy, High School Equivalency Test preparation and testing sites. You can search their website at massliteracyhotline.org/hotline/ or call the hotline at 800-447-8844.

MPL ESL Resources

marlborough-ma.gov/marlborough-public-library/esl-resources

SkillBase skillbase.hks.harvard.edu Free online tools that help people find and keep jobs plus tools to learn workplace English.

Disability Services

Autism Alliance Provides support, programs and resources to families and individuals affected by autism spectrum disorders. Autismalliance.org
(508) 652-9900.

Autism Housing Pathways serving individuals and families in Massachusetts impacted by autism and other developmental disabilities, enabling them to find or create sustainable, supported, self-directed housing that meets their needs and contributes to their quality of life. Autismhousingpathways.org

Disability Services, continued

Braille and Talking Book Library at the **Perkins School for the Blind** (Statewide access to library materials for the blind and visually impaired, or those certified as unable to read normal print) perkins.org/library
Info@Perkins.org / 617-924-3434 / 175 North Beacon St., Watertown, MA 02472

Carroll Center for the Blind

carroll.org 770 Centre St., Newton, MA 02458 / (800) 852-3131

Disability Law Center (DLC), Inc. DLC is responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities.

dlc-ma.org/ 11 Beacon St., Suite 925, Boston, MA 02108 / 800 872-9992

MAB Community Services mabcommunity.org

200 Ivy St., Brookline, MA 02446 / (617) 738-5110

MAB Community Services is an umbrella organization that operates the following: **Adult Disability Services:** serving adults (22+) with developmental disabilities, **Ivy Street School:** serving adolescents (13-22) with neurological and behavioral challenges, **and Massachusetts Association for the Blind and Visually Impaired:** serving adults and elders with vision loss.

Massachusetts Commission for the Blind

mass.gov/orgs/massachusetts-commission-for-the-blind

Central Massachusetts - Region 2 (508-754-1148)

390 Main Street, Suite 620, Worcester, MA 01608

Main Office: 600 Washington Street, Boston, MA 02111 / (617) 727-5550

MCB provides the highest quality rehabilitation and social services to Massachusetts residents who are blind, leading to their independence and full community participation.

Disability Services, continued

Massachusetts Commission for the Deaf, Late-Deafened, and Hard of Hearing

mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing

600 Washington St., Boston, MA 02110

(617) 740-1600 / TOLL FREE VOICE (800) 882-1155 TOLL FREE TTY (800) 530-7570

MCDHH provides accessible communication, education, and advocacy to consumers and private and public entities so that programs, services, and opportunities throughout Massachusetts are fully accessible to persons who are deaf and hard of hearing.

Massachusetts Disabled Persons Protection Commission

mass.gov/orgs/disabled-persons-protection-commission Operates a 24-hour Hotline to report incidents of suspected abuse involving adults with disabilities in Massachusetts by dialing 1-800-426-9009 or 1-888-822-0350 TTY.

Massachusetts Office on Disability (MOD)

mass.gov/orgs/massachusetts-office-on-disability

One Ashburton Place, Room 1305, Boston, MA 02108 / (617) 727-7440.

MOD works to ensure the full and equal participation of all people with disabilities in all aspects of life by working to advance legal rights, maximum opportunities, supportive services, accommodations, and accessibility in a manner that fosters dignity and self-determination.

Massachusetts Rehabilitation Commission (MRC)

mass.gov/orgs/massachusetts-rehabilitation-commission

600 Washington St., Boston, MA 02111

Main (617) 204-3600 Voice/TDD (800) 245-6543

MRC helps individuals with disabilities to live and work independently. MRC is responsible for Vocational Rehabilitation, Community Living and eligibility determination for the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs.

Massachusetts State Association of the Deaf massdeaf.org

Disability Services, continued

MassMATCH is The Commonwealth of Massachusetts's initiative to Maximize Assistive Technology (AT) in Consumer's Hands. They promote the use of AT and AT services to enhance the independence of people with disabilities, enabling equal participation in all of life's activities. Massmatch.org
877-508-3974 (Toll Free) - 617-204-3815 (TTY) - info@massmatch.org

MetroWest Center for Independent Living

mwcil.org 280 Irving St., Framingham, MA 01702 / 508-875-7853

National Library Service for the Blind & Physically Handicapped

loc.gov/nls/ 1291 Taylor Street, NW Washington, DC 20542

Toll-free: 1-800-424-8567. National Library Service (NLS) is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page. Through a national network of cooperating libraries, NLS circulates books and magazines in braille or audio formats, delivered by postage-free mail or instantly downloadable.

Personal Care Attendant Directory www.masspcadirectory.org Toll Free: 1-888-MASSPCA (627-7722) allows PCA workers and those in need of services to search for one another to find the perfect fit for your needs.

Talking Book Library at the Worcester Public Library

talkingbook.mywpl.org / (508)799.1621

Work Without Limits workwithoutlimits.org

333 South St., Shrewsbury, MA 01545 / 877-YES-WORK

(877-937-9675) A statewide network of engaged employers and innovative, collaborative partners that aims to increase employment among individuals with disabilities. Work Without Limits offers resources and information on employment for individuals with disabilities.

Disability Services, continued

Caregiver Support

CaregivingMetroWest.org caregivingmetrowest.org/

CareGivingMetroWest.org is a website devoted to caregivers of elders in 25 MetroWest communities. The website provides information, connection to resources and community support. This is achieved in part by several customized interactive website features, specifically designed for MetroWest caregivers and their elder care recipients. **To speak with a BayPath Elder Services Caregiver Specialist, call (508) 573-7239.**

Central Massachusetts Agency on Aging seniorconnection.org

360 West Boylston Street, Suite 216, West Boylston, MA 01583

(508) 852-5539 / TTY Services Dial 71.

Provides leadership, resources, coordination of services and advocacy for area older persons and caregivers.

MassOptions massoptions.org/massoptions 1-844-422-6277

A free resource that links people to services that help elders and individuals with disabilities.

Domestic/Sexual Violence Support

Jane Doe Inc- The MA Coalition Against Sexual Assault and Domestic Violence
janedoe.org (617) 248-0922 info@janedoe.org

Massachusetts statewide **SAFELINK** toll-free domestic violence hotline: 877-785-2020 or TTY 877-521-2601 National Sexual Assault Hotline Free. 24/7 Confidential.
(800) 656-4673 casamyrna.org/get-support/safelink/

NDVH- The National Domestic Violence Hotline thehotline.org 1-800-799-7233 / 1-800-787-3224 (TTY)

Domestic/Sexual Violence Support, continued

National Sexual Assault Resource Center nsvrc.org

2101 N Front St., Governor's Plaza North, Building #2, Harrisburg, PA 17110
877-739-3895 TOLL-FREE / 717-909-0715 TTY

SVNETWORK- The National Supervised Visitation Network synworldwide.org

3955 Riverside Ave., Jacksonville, FL 32205 / (904) 419-7861

RAINN- Rape, Abuse and Incest National Network rainn.org

Call (800)656 - HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area. You'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.

Voices Against Violence smoc.org/voices-against-violence.php

24 Hour HOTLINES: 1-800-593-1125 or 508-626-8686 (TTY-friendly)

Services include a 24-hour hotline, crisis intervention, confidential short-term emergency shelter, counseling and support groups, information and referrals, and medical, legal and criminal justice advocacy.

Employment & Career Development

CareerOneStop at Careeronestop.org. A free online source for career exploration, training and jobs. Offers job search assistance, links for free help with resume and cover letter writing, interview preparation and more.

Sponsored by the U.S. Department of Labor in partnership with the American Job Center Network.

JobQuest jobquest.dcs.eol.mass.gov/jobquest/

Find Jobs in Massachusetts with JobQuest, a FREE online service.

Employment & Career Development, continued

MassHire Career Centers at www.mass.gov/masshire-career-centers They provide employment and training services for both job seekers and employers. They also offer job-search skills including assistance with interviews preparation, resume writing and developing a contact network. To find a location near you, go <https://www.mass.gov/masshire-career-centers/locations> or call the main office at (617) 626-5300.

SkillBase skillbase.hks.harvard.edu Free online tools that help people find and keep jobs.

Government and Law

Adoption in Massachusetts

mass.gov/info-details/massachusetts-law-about-adoption

A compilation of laws, regulations, cases, and web sources on adoption law by the Trial Court Law Libraries.

Attorney General's Office mass.gov/orgs/office-of-attorney-general-maura-healey 1 Ashburton Place, 20th Floor, Boston, MA 02108 / (617) 727-2200

Massachusetts General Laws malegislature.gov/Laws/GeneralLaws

Massachusetts RMV (Registry of Motor Vehicles)

mass.gov/orgs/massachusetts-registry-of-motor-vehicles

Massachusetts Trial Court Law Libraries

mass.gov/orgs/trial-court-law-libraries (800) 445-8989

Reference librarians via email: masslawlib@gmail.com

Voting Information

Commonwealth of Massachusetts Voting Information Page

mass.gov/topics/voting

Government and Law, continued

Legal Information/Services

MassLegalHelp masslegalhelp.org is dedicated to improving access to justice for low income and disadvantaged persons through innovative use of the web. Help includes legal resources on income and benefits, disability, and consumer services.

Metrowest Legal Services mwlegal.org

63 Fountain Street, Suite 304, Framingham MA, 01702 / (800) 696-1501
Provides free civil legal aid to low-income people and victims of crime who would be denied justice without our help. Our priority practice areas include: Family Law, Housing, Homeless Advocacy, Government Benefits (including Social Security), Education, Elder Law & Immigration.

Health Information

MedlinePlus medlineplus.gov MedlinePlus is the National Institutes of Health's web site for patients and their families and friends.

Health Info Lines nih.gov/health-information/health-info-lines From A to Z, this online directory provided by the National Institutes of Health. Includes toll-free numbers of health experts to answer your questions.

Wellness Toolkits

nih.gov/health-information/your-healthiest-self-wellness-toolkits Also provided by the National Institutes of Health, these tool kits can help you get on the right track to your healthiest self.

UMass Memorial Health Care Online Health Library

myhealth.umassmemorial.org/Wellness/

Health Information, continued

Medical Assistance (Free or Income-based clinics)

Edward M. Kennedy Community Health Center

354 Waverly St., Framingham, MA 01702

508-270-5700 / kennedychc.org

Sliding Fee Scale- Serves all patients regardless of ability to pay

UMass Memorial Marlborough Hospital (Financial Counseling for health coverage)_157 Union Street, Marlborough, MA 01752 (508) 334-9300

umassmemorialhealthcare.org/marlborough-hospital/patients-visitors/patient-resources/financial-counseling

India Society of Worcester IMANE Free Health Stop

iswonline.org/Health-Stop

150 West Main St., Shrewsbury, MA / (508)842-9795

MetroWest Free Medical Program metrowestfreemedicalprogram.org

First Parish Church 110 Edgell Rd., Framingham, MA

Call for hours for Vision and Women's Health care, by appointment only.

Vision (508)656-0885 / Gynecology (508)656-0834

St. Anne's Free Medical Program 130 Boston Tpke, Shrewsbury, MA

stannesparish.org/clinic.php

(508) 757-5154 Church number to ask for clinic hours

Mass Health mass.gov/topics/masshealth

Phone: (800) 841-2900 TTY: (800) 497-4648

Do you need help with your Mass Health paperwork? Try here to get some help near you: my.mahealthconnector.org/enrollment-assisters

Immigration

Massachusetts Immigrant and Refugee Advocacy Coalition

miracoalition.org 105 Chauncy Street, Suite 901, Boston, MA 02111

(617)350-5480

Mental Health

Advocates advocates.org/services/counseling-psychiatry

340 Maple Street 4th Floor Marlborough, MA (508) 485-9300

354 Waverly St., Framingham, MA 01702 (508) 661-2020

Employment Options, Inc 82 Brigham St., Marlborough, MA/ (508) 485-5051

employmentoptions.org/#HomeClubhouse/Assistance for young adults/families as well as employment help.

Massachusetts Department of Mental Health (DMH) Resource Guides

mass.gov/service-details/dmh-resource-guides (includes consumer and family, emergency service programs, Young Adult, 2019 Multicultural Mental Health and extreme risk protective order).

Multicultural Wellness Center multiculturalwellness.org

44 Front St., 2nd Floor, Worcester, MA / (508) 752-4665

Staff includes Spanish speaking workers. Offers culturally sensitive counseling, youth and family services, adult, substance abuse, and group services. Some are eligible for transportation to the office. Masshealth accepted.

National Alliance on Mental Illness (NAMI) MetroWest

namimetrowest.org Help Line: (508) 251-9595

Parenting Support

Family Ties of Massachusetts eiplp.org/massachusetts-family-ties/

Early Intervention Parent Leadership Project Toll Free: 1-877-353-El-PLP (353-4757)

E-Mail: eiplp@live.com

Health and Parenting Site webmd.com/parenting/default.htm

This site from WebMD covers popular hot topics in parenting and health, popular searches as well as access to their online parenting community.

Marlborough Special Education Parent Advisory Council

mps-edu.org/Page/641

Parenting Support, continued

Parent's Guide to Special Education

fcsn.org/parents-guide (from the Federation for Children with Special Needs (English, Spanish and Portuguese versions available)).

Parents Helping Parents Parental Stress Line 1-800-632-8188

parentshelpingparents.org/

Planned Parenthood - Tools for Parents plannedparenthood.org/learn/parents

Tips on talking to children about growing up.

Wayside MetroWest Parent Support Services (508) 879-9800

waysideyouth.org/ourservicesoverview/waysidemetrowest/parentsupportservices offers guidance, resources, and support to parents and caregivers of children and adolescents with social, emotional, behavioral, learning differences or mental health needs.

Adoption

Adoption Choices jfsmw.org/adoption/about/

475 Franklin St., Suite 101, Framingham, MA / (508) 875-3100

Adoption in Massachusetts

mass.gov/info-details/massachusetts-law-about-adoption

A compilation of laws, regulations, cases, and web sources on adoption law by the Trial Court Law Libraries.

Child Care

Boys and Girls Club of MetroWest bgcmetrowest.org/

Marlborough Clubhouse

169 Pleasant Street, Marlborough, MA 01752 (508) 485-4912

Argeo R. Cellucci, Jr. Hudson Clubhouse

21 Church Street, Hudson, MA 01749 (978) 562-9924

Parenting Support, Childcare, continued

SMOC Child Care smoc.org/child-care.php (508) 820-8380

Centers are located in Framingham, Marlboro and Hudson. Family Child Care homes are located in Framingham, Marlboro, Hudson, Ashland and Natick.

Grief Support (for children, teens and parents)

Children's Friend - The Carriage House Grief Support Center

(508)753-5425 x6430 Email: info@childrensfriend.org

Support for children ages 3 to 18 years old and their families, providing children and teens a space to grieve the death of a loved one surrounded by peers also experiencing feelings of grief and loss. The Carriage House provides free peer support groups to children and teens following the death of a parent, caregiver or sibling. Adult support groups are also available to the caregivers of children and teens participating in peer support at The Carriage House.

Health Information for Kids

BAM! Body & Mind cdc.gov/healthyschools/bam/teachers.htm

This site is designed for kids ages 9-12 focusing on healthy behaviors, activities, food, and general nutrition.

The [Clay Center for Young Healthy Minds](#), based Massachusetts General Hospital, is a free on-line educational resource to empower adults to support the mental, emotional and behavioral well-being of the young people in their lives, in challenging times. It's innovative multimedia platform offers engaging content with blogs (articles, Q+A, practical tips), videos (short films, PSAs, webinars) and a podcast, all regularly updated by new research, current events and user feedback. Topics include anxiety, stress, depression, learning, trauma, suicide, and societal issues like digital media, cyber bullying, plus self-care and resilience building to manage through uncertainty and promote endurance. Many of these resources are available in Spanish.

BAM! Body & Mind cdc.gov/healthyschools/bam/teachers.htm

This site is designed for kids ages 9-12 focusing on healthy behaviors, activities, food, and general nutrition.

Parenting Support, continued

Internet Safety

On Guard Online

consumer.ftc.gov/features/feature-0038-onguardonline

Federal government site that provides tips for parents for navigation online safety including talking with your kids.

NetSmartz missingkids.org/NetSmartz

National Center for Missing and Exploited Children's site with links for parents, educators, law enforcement to find information for internet safety. This site also has a link for parents with teens and a special section just for kids.

FBI's Parent Guide to Internet Safety -this is a direct link to the FBI's informational pamphlet to online exploitation and the risks to your children. www2.fbi.gov/publications/pguide/pguidee.htm

Social Services

Clothing

Marlborough Community Cupboard

255 Main St., Marlborough, MA 01752 • 888-811-3291 xt.4902

Emergency Shelter Resources

Massachusetts Coalition for the Homeless

mahomeless.org 73 Buffum Street, Lynn, MA 01902
(781)595-7570

Roland's House - Temporary Emergency Shelter (508) 481-7847

The Roland's House is a temporary emergency shelter serving up to 18 unaccompanied adult males. Roland's House is linked to SMOC's continuum of housing and services through the Common Ground Resource Center. Guests at Roland's House are eligible for employment and housing search services, mental health and substance abuse services and more.

Social Services, continued

Financial Assistance

Low Income Home Energy Assistance Program (LIHEAP) Known commonly as Fuel Assistance, LIHEAP provides eligible households with help in paying a portion of winter heating bills. Contact the Cold Relief Heatline at 1-800-632-8175

Emergency Aid to the Elderly, Disabled and Children (EAEDC) Emergency Aid to the Elderly, Disabled and Children (EAEDC) provides cash assistance to persons who are unable to work due to a physical or mental disability, over 65 years old and waiting for SSI payments to begin, caring for a child, or who are participating in a Massachusetts Rehabilitation Commission program. EAEDC is administered by the Department of Transitional Assistance. Apply online at mass.gov/economic-assistance-cash-benefits Contact the DTA Assistance Line (877) 382-2363.

Food Assistance

Marlborough Community Cupboard 255 Main St., Marlborough, MA 01752
888-811-3291 ext.4902

Massachusetts Supplemental Nutrition Assistance Program (SNAP)

This program is administered by the Department of Transitional Assistance. Contact the DTA Assistance Line (877) 382-2363 or visit dtaconnect.eohhs.mass.gov/

Women, Infants & Children Food Assistance Program (WIC)

To apply for WIC, call (800) 942-1007 to make an appointment or apply online at mass.gov/forms/apply-for-wic-online

Furniture and Home Goods Help

Fresh Start Furniture Bank freshstartfurniturebank.org/
16 Brent Dr., Hudson, MA | (508) 485-2080

Social Services, continued

Housing Resources

BayPath Elder Services, Inc. 33 Boston Post Rd West, Marlborough, MA
508-573-7200 Assists with Elder Housing Options.

The Housing Consumer Education Center (HCEC) through SMOC

smoc.org/housing-consumer-education-center.php

Assistance locations: Marlborough Human Services, 255 Main St, Suite 113,
Marlborough, MA and at SMOC, 7 Bishop St, Framingham, 1st floor
Contact via Email: hcec@smoc.org or HCEC hotline: 508-872-0765

Marlborough Community Development Authority (MCDA)

250 Main Street Marlborough, MA. MCDA administers four primary
affordable housing programs: Senior Public Housing, HUD Section 8
Portable Vouchers, Massachusetts Vouchers, and Special Needs Housing:
Contact MCDA at (508) 624-6908

Marlborough Housing Authority 255 Main Street, Suite 212 Marlborough,
MA. (508) 624-6908 Provides housing assistance to low-income residents
through the management of the areas Housing Choice Voucher Program
- Section 8.

SMOC Rental Assistance Programs

smoc.org/smoc-rental-assistance-programs.php (508) 620-2335

Internet/Phone Assistance

Lifeline

Federal Program that provides free or low-cost phone or Internet service
to low-income households through monthly service discount. Apply online
at <https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program> or call Department
of Telecommunications and Cable Consumer Hotline for assistance
Monday through Friday from 9 a.m.-5 p.m. at (800) 292-6066

Social Services, continued

Transportation

1-800-Charity Cars - Provides donated vehicles to struggling families in need of transportation who meet qualifications. 1-800-242-7489
800charitycars.org

MetroWest Regional Transit Authority (MART)

mwrtc.com 508-935-2222 TTY: 508-935-2242

MART Senior and Disabled Ride Service Dial a Ride: **508-820-4650**

F.I.S.H. (Friends in Service Helping) F.I.S.H. is a free, all volunteer service that provides no-cost transportation to medical appointments for Marlborough residents when family and friends cannot. This is a program of the Marlborough Council on Aging/Senior center. (508) 485-6492 ext. 32199

Marlborough Council on Aging Transportation

(508) 485-6492 ext. 32100

Senior Services

BayPath Elder Services, Inc. baypath.org

33 Boston Post Road West, Marlborough, MA (508) 573-7200

Central Massachusetts Agency on Aging

seniorconnection.org/ 360 West Boylston St., Suite 216, West Boylston, MA

Phone: 508-852-5539

Marlborough Council on Aging and Senior Center

(508) 485-6492 | 40 New St., Marlborough, MA

Massachusetts Assisted Living Facilities Association mass-ala.org

465 Waverley Oaks Rd., Suite 300, Waltham, MA (781) 622-5999

Senior Services, continued

Massachusetts Senior Care Association

maseniorcare.org/ 800 South St., Suite 280 Waltham, MA

(617) 558-0202 or 1-800-CARE-FOR

Teen Resources

Bullying

Stopbullying.gov—Information from government agencies on bullying and getting help.

Teens Against Bullying pacerteensagainstbullying.org Created by and for teens, this website is a place for middle and high school students to find ways to address bullying/take action.

TeenCentral- teencentral.com/bullying/ A free, safe, and anonymous site that offers help when you need it most by KidsPeace, a charity dedicated to serving behavioral and mental health.

TeensHealth—Bullying, teenshealth.org/en/teens/bullies.html?ref=search Accurate information and advice about health, emotions and life by the Nemours Center for Children's Health Media.

Crisis Help

Crisis Text Line— Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained crisis counselor.

Lifeline Crisis Chat—National chat network that can provide online emotional support, crisis intervention, and suicide prevention services. suicidepreventionlifeline.org/chat/ Offered 24 hours per day/Seven days per week. 1-800-273-8255

National Child Abuse Hotline 1-800-422-4453 childhelp.org A trained counselor will tell you how to get help if you have been sexually and physically abused. Free. 24/7.

National Human Trafficking Resource Center Hotline 1-888-373-7888 or SMS: 233733 (Text "HELP" or "INFO") humantraffickinghotline.org/

Teen Resources, Crisis Help, continued

National Runaway Safeline 1-800-RUNAWAY (1-800-786-2929)
1800runaway.org/youth-teens/

National Sexual Assault Hotline (RAINN – Rape, Abuse & Incest National Network) 1-800-656-HOPE (1-800-656-4673) or Online Hotline Chat rainn.org

Samariteens samaritanshope.org (877) 870-HOPE (4673) | Call or Text 24/7. The main suicide hotline for teens in Massachusetts, with other helpful information for teens in crisis. This teen help line provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness and stress. From 3 p.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on weekends, this service is staffed by volunteers between the ages of 16 and 18; outside those hours, calls are answered by adult volunteers.

Teen Line– Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –Email–Message Board Nonprofit organization helping troubled teenagers address their problems. teenlineonline.org/

Wayside Campus, Framingham Provides a variety of intensive therapeutic and educational services for adolescents struggling with emotional and behavioral challenges. 1 Frederick Abbott Way, Framingham, MA
waysideyouth.org/ourservicesoverview/waysidecampusframingham/
(508) 879.9800

Teen Resources, continued

Death and Dying/Grief Resource

Children's Friend - The Carriage House Grief Support Center

sevenhills.org/programs/grief-support (508)753.5425 ext. 6430

info@childrensfriend.org_Support for children ages 3 to 18 years old and their families, providing children and teens a space to grieve the death of a loved one surrounded by peers also experiencing feelings of grief and loss. The Carriage House provides free peer support groups to children and teens following the death of a parent, caregiver or sibling. Adult support groups are also available to the caregivers of children and teens participating in peer support at The Carriage House.

The Dougy Center–Help for Teens dougy.org/grief-resources/help-for-teens/Part of The National Center for Grieving Children & Families

Go Ask Alice!–Grief & Loss goaskalice.columbia.edu/category/grief-loss

Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

Depression

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Massachusetts Department of Mental Health (DMH)–Emergency/Crisis Line
- Available 24 Hours (877) 382-1609. Main (617) 626-8000 Available Monday through Friday 9am-5pm. DMH Information and Resource Line Voice mailbox (800) 221-0053. Provides services and support to meet the mental health needs of all individuals. mass.gov/orgs/massachusetts-department-of-mental-health

DMH Resources for Transition Age Youth and Young Adults (Ages 16-22)
mass.gov/resources-for-transition-age-youth-and-young-adults-ages-16-22

Teen Resources, Depression continued

National Alliance on Mental Illness(NAMI) – NAMI Helpline 800-950-NAMI or text “NAMI” to 741741 Provides free information, referrals, and support to people living with a mental health condition, family members and caregivers, mental health providers, and the public. Nami.org

TeenCentral teencentral.com A free, safe, and anonymous site that offers help when you need it most by **KidsPeace**, a charity dedicated to serving behavioral and mental health.

TeensHealth–(for the mind) teenshealth.org/en/teens/your-mind/ Information and advice about health, emotions and life by the Nemours Center for Children's Health Media.

Teen Line– Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –Email–Message Board: teenlineonline.org/talk-now/ Nonprofit organization helping troubled teenagers address their problems.

Divorce

Crisis Text Line crisistextline.org/ Text HOME to 741741 Provides free, 24/7 support. Text to chat with a trained crisis counselor.

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/ National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Teen Line teenlineonline.org Nonprofit organization helping troubled teenagers address their problems. Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) Email–Message Board: teenlineonline.org/talk-now/

Teen Resources, continued

Drugs and Alcohol Concerns

Al-Anon/Alateen al-anon.org/al-anon-meetings/find-an-alateen-meeting/ Support groups (in person and chat) for friends and families of problem drinkers. **Alateen Chat** A place just for teens affected by someone else's alcoholism. al-anon.org/newcomers/teen-corner-alateen/

Crisis Text Line– Text HOME to 741741 Provides free, 24/7 support. Text to chat with a trained crisis counselor. crisistextline.org

Get Smart About Drugs A site with free informational online publications about drugs of abuse from the DEA (Drug Enforcement Administration). getsmartaboutdrugs.gov/publications

GirlsHealth–Drugs, Alcohol & Smoking

girlshealth.gov/substance/index.html

A variety of information especially for girls aged 10-16 by the National Women's Health Center.

Go Ask Alice!–Alcohol goaskalice.columbia.edu/category/alcohol

Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

Lifeline Crisis Chat

suicidepreventionlifeline.org/chat/

1-800-273-8255 Options for Deaf + Hard of Hearing 1-800-799-4889

National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Teen Resources, continued

Emergency Shelter for Homeless Teens

Wayside MetroWest Basic Center Program

waysideyouth.org/ourservicesoverview/waysidemetrowest/emergencyshelterforhomelessteens/ (508) 879-9800

Provides FREE emergency shelter for runaway and homeless youth (ages 12-17) in the Metro West area for up to 21 days, as well as emergency assistance, support and services for youth who are at-risk of becoming homeless.

Health/Sexuality

Adolescent Health Transition Project

depts.washington.edu/healthtr/ A resource for adolescents with special health care needs, chronic illnesses, physical or developmental disabilities. From the University of Washington, Seattle.

GirlsHealth girlshealth.gov Information for girls aged 10-16 by the National Women's Health Center.

Go Ask Alice! goaskalice.columbia.edu Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals. Information available on topics such as
BODY IMAGE: goaskalice.columbia.edu/category/body-image
DISORDERED EATING AND EATING DISORDERS:
goaskalice.columbia.edu/category/disordered-eating-eating-disorders
SKIN CONDITIONS: goaskalice.columbia.edu/category/skinconditions
WEIGHT GAIN & LOSS goaskalice.columbia.edu/category/weight-gain-loss
PREGNANCY OPTIONS: goaskalice.columbia.edu/category/pregnancy-options

Teen Resources, Health/Sexuality, continued

I Wanna Know– iwannaknow.org iwannaknow.org offers information on sexual health for teens and young adults. This is where you will find the facts, the support, the resources to answer your questions, referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs), healthy relationships, and more.

It's Your (Sex) Life– itsyoursexlife.com MTV's Emmy and Peabody Award-winning public information campaign to support young people in making responsible decisions about their sexual health.

Power to Decide powertodecide.org

LGBTQ

I Wanna Know–LGBTQ: iwannaknow.org/teens/lgbt.html

Answers for teens on sexual health and sexually transmitted diseases from the American Sexual Health Association.

Lifeline Crisis Chat suicidepreventionlifeline.org/chat

National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Planned Parenthood–Info For Teens–LGBTQ:

plannedparenthood.org/learn/teens/lgbtq Provides vital reproductive health care, sex education, and information to millions of women, men and young people worldwide.

Teen Line– Call 800-TLC-TEEN (from 9 p.m.-1 a.m. EST)

Text TEEN to 839863 (from 9 p.m.-1 a.m. EST) teenlineonline.org/

Email–Message Board: teenlineonline.org/talk-now/

Nonprofit organization helping troubled teenagers address their problems.

Teen Resources, LGBTQ continued

The Trevor Project– thetrevorproject.org

Trevor Lifeline 866-488-7386 (24/7/365) **TrevorChat**:

thetrevorproject.org/get-help-now/ TrevorText text "Trevor" to 1-202-304-

1200 Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questions (LGBTQ) young people ages 13-24.

Sexual Assault

National Sexual Assault Resource Center nsvrc.org

RAINN– rainn.org Nation's largest anti-sexual violence organization. Call

800-656-HOPE –Chat Online:– hotline.rainn.org/online

About Sexual Assault: rainn.org/about-sexual-assault

Safety and Prevention: rainn.org/safety-prevention

After Sexual Assault: rainn.org/after-sexual-assault

Relationships and Dating

It's Your (Sex) Life– itsyoursexlife.com/relationships MTV's Emmy and Peabody Award-winning public information campaign to support young people in making responsible decisions about their sexual health.

GirlsHealth girlshealth.gov/relationships/index.html

Information for girls aged 10-16 by the National Women's Health Center.

Go Ask Alice!– goaskalice.columbia.edu/category/relationships

Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

I Wanna Know– iwannaknow.org/teens/relationships.html Answers for teens on sexual health and sexually transmitted diseases from the American Sexual Health Association.

Love Is Respect loveisrespect.org 1-866-331-9474 Provides information and resources on healthy teen relationships.

Teen Resources, Relationships and Dating continued

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/ National chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Planned Parenthood–plannedparenthood.org/learn/teens/relationships
Provides vital reproductive health care, sex education, and information to millions of women, men and young people worldwide.

TeenCentral–teencentral.com/dating-violence/
A free and anonymous site that offers help by KidsPeace, a charity dedicated to serving behavioral and mental health.

Teen Line– teenlineonline.org/
Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –
Email–Message Board: teenlineonline.org/talk-now/
Nonprofit organization helping troubled teenagers address their problems.

School

TeensHealth teenshealth.org/en/teens/school-jobs/
Information and advice about health, emotions and life by the Nemours Center for Children's Health Media.

Self-esteem

Crisis Text Line– crisistextline.org/
Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained Crisis Counselor.

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/
National chat network that provides online emotional support, crisis intervention, and suicide prevention services.

Teen Resources, Self-esteem continued

Teen Line– teenlineonline.org/

Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –

Email–Message Board: teenlineonline.org/talk-now/

Nonprofit organization helping troubled teenagers address their problems.

Stress and Anxiety

Lifeline Crisis Chat suicidepreventionlifeline.org/chat/

National chat network that provides online emotional support, crisis intervention, and suicide prevention services.

TeensHealth–teenshealth.org/en/teens/your-mind/

Information and advice about health, emotions and life by the Nemours Center for Children's Health Media.

Teen Line–teenlineonline.org/

Call 800-TLC-TEEN (from 3pm-7pm EST)– Text TEEN to 839863 (3-6pm EST) –

Email–Message Board: teenlineonline.org/talk-now/

Nonprofit organization helping troubled teenagers address their problems.

Suicide

Crisis Text Line crisistextline.org/ Text HOME to 741741 Provides free, 24/7 support for those in crisis. Text to chat with a trained Crisis Counselor.

Go Ask Alice! goaskalice.columbia.edu/category/suicide

Site supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

Transition to Adulthood

Tempo Young Adult Resource Center

waysideyouth.org/services/waysidemetrowest/tempoyoungadultresourcecenter/ A one-stop resource center for young adults with extra

challenges. They focus on achievement, employment, schooling, healthy relationships, and practical skills to reach goals. Young adults learn to be leaders, learners, workers, and role models.

Veterans Assistance

City of Marlborough Department of Veterans Services

marlborough-ma.gov/veterans-services

Massachusetts Office of Attorney General Resources Guide for Veterans and Service Members

mass.gov/files/documents/2018/11/09/vets-guide-110818_0.pdf

U.S. Department of Veterans Affairs va.gov/

Veterans Crisis 1 (800) 273-8255 and Press 1 or text message 838255

Veteran's Inc. veteransinc.org/

Veterans Online Shopping Benefit vetverify.org/index.xhtml

MassHire Central Career Centers

masshirecentralcc.com/veteran-services/

Services include specialized veterans' services.